

# CYSA NO HEADER RULE

(Implemented Spring 2016)

## Concussion Awareness

Concussion awareness and avoidance is important to the safety of our players. When players experience any contact with the head, the player's health and safety must be the primary concern. Heading increases the risk of concussions and is an avoidable part of the game.

## US Soccer Association Recommendation

- U11 and younger: No headers in games or practice
- U12 and older: Headers are introduced with limited practice and PROPER instruction

## CYSA No Header Rule

CYSA will expand upon US Soccer Association's recommendation and ban headers across our youth soccer programs during practice and games **for all age groups**. INTENTIONAL heading results in an indirect free kick awarded to the opposing team.

